

## Farmers' Markets, Gardening and Local Produce Resources

The Dietary Guidelines published by the U. S. Department of Health and Human Services recommend that you choose fiber-rich fruits, vegetables, and whole grains often to promote overall health. Similarly, the American Institute for Cancer Research recommends choosing mostly plant foods including at least five servings of a variety of fruits and vegetables each day to reduce cancer risk. Fresh produce, especially seasonal options, from the local grocery store is a good option along with frozen, canned and dried fruits and vegetables to meet these recommendations. If you are interested in a “vegetable adventure” consider seasonal and local produce from a farmers’ market, community garden or your own backyard!

The U.S. Department of Agriculture has recently launched a new website called *Know Your Farmer Know Your Food*. Find the site at [www.usda.gov/knowyourfarmer](http://www.usda.gov/knowyourfarmer). USDA’s goal for this site is to “support local farmers, strengthen rural communities, promote healthy eating and protect natural resources”.

### **Farmers' Markets:**

Community Food Bank (CFB) Farmers’ Market  
3003 S. Country Club Road  
8am-noon Tuesdays

Marana Farm Stand (CFB)  
12375 N. Heritage Park Drive  
4-7pm Mondays

Santa Cruz River Farmers’ Market (CFB)  
Northeast corner of West Speedway and North Riverview Drive  
4-7pm Thursdays

Friday Farmers’ Market at Broadway Village  
2926 East Broadway Blvd.  
Fridays  
Oct-April: 9am-2pm  
May-Sept: 8am-1pm

Downtown Farmers’ Market & Crafts Mercado  
101 N. Stone Ave.  
Wednesdays

Saturday Farmers’ Market at St. Phillip’s Plaza  
4380 N. Campbell Ave.  
Saturdays  
Oct-April: 9am-2pm  
May-Sept: 8am-1pm

Rincon Valley Farmers' Market  
12500 E. Old Spanish Trail  
Saturday

Plaza Palomino Artist & Farmers' Market  
2970 N. Swan Rd.  
Saturday

Civano Farmers' & Artisans Market  
5301 S. Houghton Rd.  
Sunday 10am-2pm

For current information on Farmers' Markets in Tucson check:  
<http://www.visittucson.org/visitor/culinary/farmersmarkets>

### **Food Co-ops and Produce Subscriptions:**

Bountiful Baskets Food Co-op is an all volunteer organization. Members as a group purchase produce and other food items at deep discounts. The produce is of high-quality and seasonal. Items are equally divided among participants and are then picked up at local distribution sites. Visit [www.bountifulbaskets.com](http://www.bountifulbaskets.com) for more information.

Tucson Community Supported Agriculture (Tucson CSA) offers three-month subscriptions, or "shares" for local organic produce. A share consists of a weekly bag of fresh, local, naturally-grown produce straight from the field to your table. Visit <http://www.tucsoncsa.org> for more information.

### **Home Gardening Information:**

UA Cooperative Extension offers information in a variety of venues. Master Gardeners are available to answer individual questions. On their website: <http://cals.arizona.edu/pima/gardening/> you can find information about weekly garden talks, the WaterSmart program, plant clinics, and handouts such as "10 Steps for a Successful Vegetable Garden", and "Xeriscape Garden Plant List".

The Community Food Bank offers free workshops in English and Spanish at the Community Food Bank site on home gardening. Topics include soil and compost, site design and "planting a healthy garden". Advance registration is required. For dates call 622-0525, ext. 264. Website: <http://www.communityfoodbank.com>.

The Community Gardens of Tucson (CGT) is another resource for gardening information and or opportunities to join a community garden. They have several garden locations in Tucson. Their website is [www.CommunityGardensofTucson.org](http://www.CommunityGardensofTucson.org).

Tucson Organic Gardeners offers information about organic gardening through events, programs, workshops and a monthly newsletter. Their website is <http://www.tucsonorganicgardeners.org>. You can click on their home gardening information link for an especially helpful planting guide specific for gardening in Tucson!